

**EXHIBIT A**  
**LISTING OF ALL CLAIMS AND AMENDMENTS**  
**(03-20-2006)**

**Amendments to the Claims:**

**Claim 1 (currently amended)**

1. A health education system for distributing health information over communications systems, comprising:
  - a question database containing a plurality of health questions, where each health question is related to the health information to be distributed;
  - a solution database containing a plurality of health solution elements, where each solution element is related to the health information to be distributed, at least one solution action is associated with at least one of the health solution elements; and
  - a solution variable is associated with a quantity associated with each solution action;
  - a set of links associating each of the health questions in the health question database with at least one of the health solution elements in the solution database;
  - a user information system for allowing a user to enter user health data related to the health of the user;
  - a selecting system for allowing the user to select one or more health questions from the question database to generate a set of selected health questions related to the health of the user; and
  - a filtering system for generating a customized list of health solution elements for the user based on the selected health questions, the set of links, and the user health data such that the customized list of health solution elements contains at least one health solution element specifically related to the health of the user; whereby

based on the selected health questions, the set of links, and the user health data, the filtering system further determines a value associated with at least one solution variable associated with the at least one health solution element in the customized list of health solution elements.

**Claim 2 (previously presented)**

2. A health education system as recited in claim 1, further comprising: weighting data that relate the health solution elements to the health questions; whereby the filtering system generates the customized list of health solution elements further based on the weighting data.

**Claim 3 (previously presented)**

3. A health education system as recited in claim 1, in which the filtering system generates the customized list of health solution elements further based on the number of times the health solution elements are associated with the selected health questions by the links.

**Claim 4 (previously presented)**

4. A health education system as recited in claim 1, in which the user health data comprises at least one of gender, age, height, weight, and activity level of the user.

**Claim 5 (previously presented)**

5. A health education system as recited in claim 1, in which the health questions are related to at least one health condition.

**Claim 6 (previously presented)**

6. A health education system as recited in claim 4, in which the health questions are related at least one health condition.

**Claim 7 (previously presented)**

7. A health education system as recited in claim 1, in which the filtering system determines whether conflicts are present among the user health data and the selected health questions.

**Claim 8 (previously presented)**

8. A health education system as recited in claim 1, in which at least one of the links is a prohibitive link indicative of incompatibilities among a plurality of health solution elements.

**Claim 9 (previously presented)**

9. A health education system as recited in claim 1, in which at least one score is associated with at least one of the health solution elements, where the health solution elements in the customized list of health solution elements are prioritized based on the at least one score associated with at least one of the health solution elements.

**Claim 10 (currently amended)**

10. A health education system as recited in claim 1, in which the customized list of health solution elements takes the form of a list of at least one of foods, vitamins, minerals, herbs, food supplements, physical activities, physical tests, mental activities, mental tests, recipes, and lifestyle recommendations.

**Claim 11 (currently amended)**

11. A health education system as recited in claim 1, in which the customized list of health solution elements takes the form of a menu recommendation.

**Claim 12 (previously presented)**

12. A health education system as recited in claim 1, in which the filtering system prioritizes health solution elements in the customized list of health solution

elements based on the selected health questions, the set of links, and the user health data.

**Claim 13 (previously presented)**

13. A health education system as recited in claim 2, in which the filtering system prioritizes health solution elements in the customized list of health solution elements based on the selected health questions, the set of links, the user health data, and the weighting data.

**Claim 14 (previously presented)**

14. A health education system as recited in claim 1, in which:  
the solution data base stores health information associated with at least one of  
the health solution elements; and  
the customized list of health solution elements further comprises health  
information associated with the health solution elements in the customized  
list of health solution elements.

**Claim 15 (previously presented)**

15. A health education system as recited in claim 1, further comprising:  
weighting data that relate the health solution elements to the health questions;  
whereby  
the filtering system generates the customized list of health solution elements  
further based on the weighting data; and  
the filtering system generates the customized list of health solution elements  
further based on the number of times the health solution elements are  
associated with the selected health questions by the links.

**Claim 16 (previously presented)**

16. A health education system as recited in claim 15, in which at least one of  
the links is a prohibitive link indicative of incompatibilities among a plurality of health

solution elements.

**Claim 17 (previously presented)**

17. A health education system as recited in claim 15, in which at least one score is associated with at least one of the health solution elements, where the health solution elements in the customized list of health solution elements are prioritized based on at least one score associated with at least one of the health solution elements.

**Claim 18 (previously presented)**

18. A health education system as recited in claim 15, in which the filtering system prioritizes health solution elements in the customized list of health solution elements based on the selected health questions, the set of links, the user health data, and the weighting data.

**Claim 19 (previously presented)**

19. A health education system as recited in claim 15, in which:  
the solution data base stores health information associated with at least one of  
the health solution elements; and  
the customized list of health solution elements further comprises health  
information associated with the health solution elements in the customized  
list of health solution elements.

**Claim 20 (currently amended)**

20. A health education system as recited in claim 1, in which:  
a plurality of solution variables are associated with at least one of the solution  
actions; whereby  
based on the selected health questions, the set of links, and the user health data  
the filtering system further determines numerical values associated with  
the plurality of solution variables associated with at least some of the

plurality of health solution elements in the customized list of health solution elements.

**Claim 21 (currently amended)**

21. A health education system as recited in claim 1, in which the health solution elements comprise at least one of foods, vitamins, minerals, herbs, food supplements, physical activities, physical tests, mental activities, mental tests, recipes, and lifestyle recommendations.

**Claim 22 (previously presented)**

22. A health education system as recited in claim 1, in which the solution actions comprise at least one of taking of a substance into the body, performance of a physical activity, performance of a mental activity, performance of a physical test, performance of mental activity, performance of a mental test, and preparing meals according to a recipe.

**Claim 23 (currently amended)**

23. A health education system as recited in claim 1, in which each solution variable associated with a given solution action is associated with at least one of quantity, duration, and frequency associated with the given solution action.